662260 - 1652260

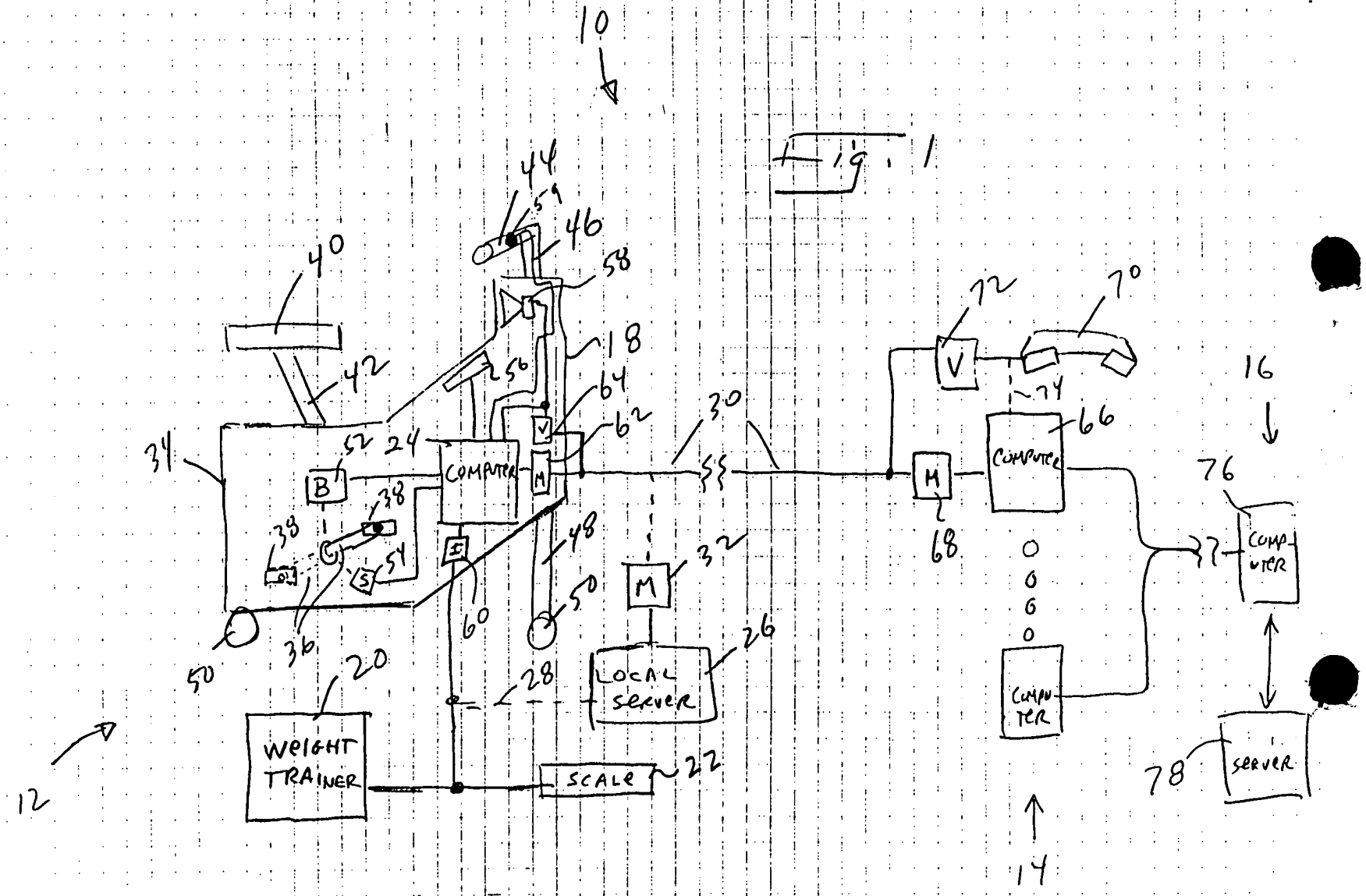


FIG. 1

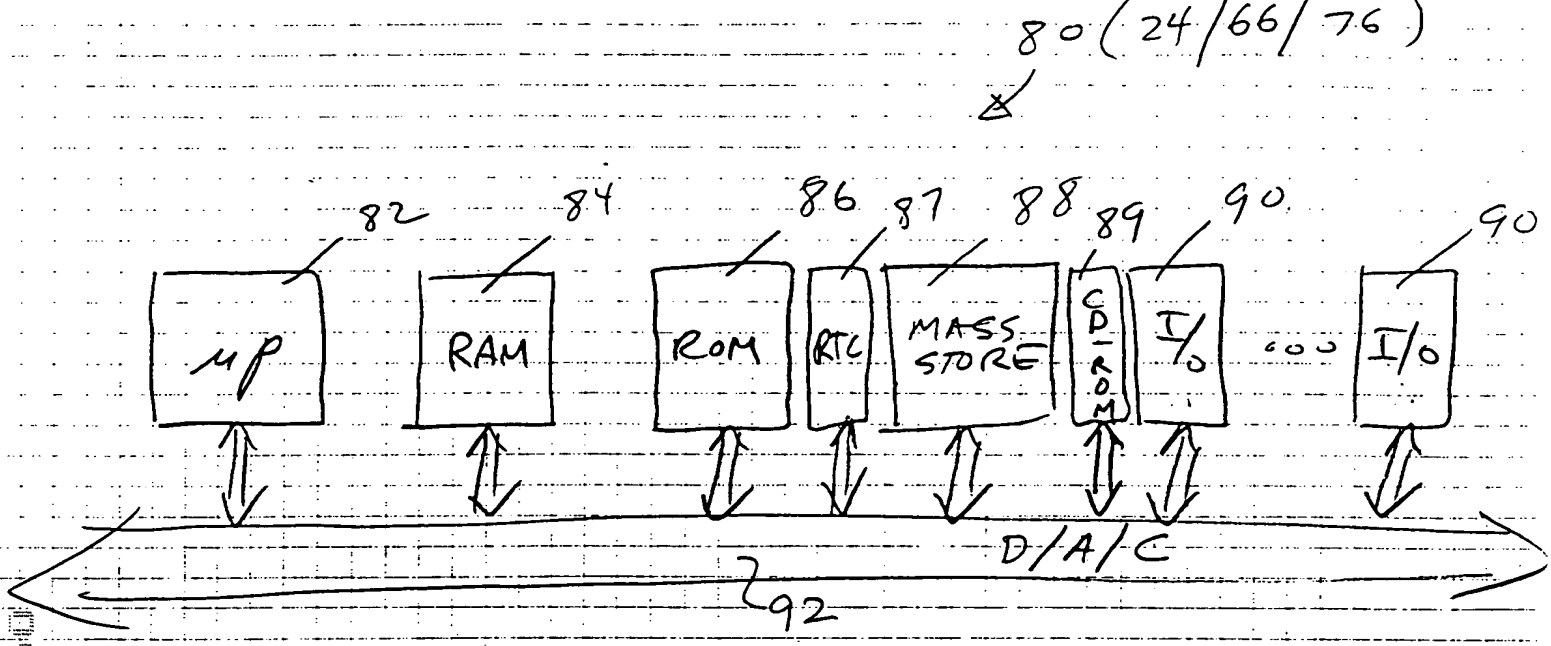

80 (24/66/76)
82
84
86
87
88
89
90
90
μp
RAM
ROM
RTC
MASS STORE
CD-ROM
I/O
I/O
D/A/C
92

Fig. 2

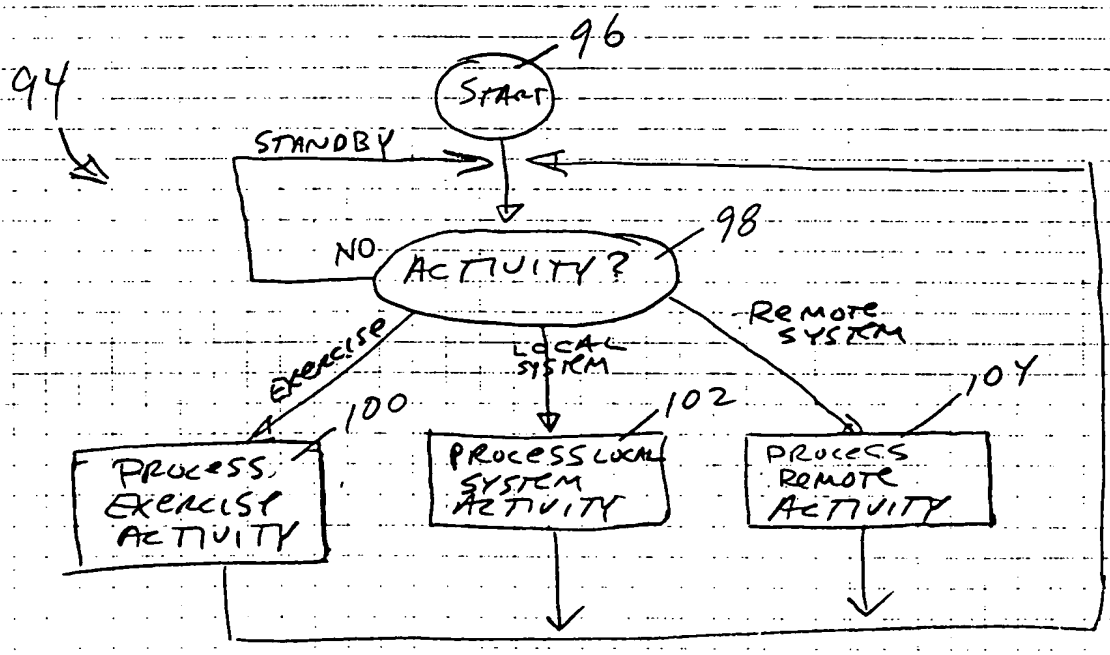

94
96
START
STANDBY
NO
ACTIVITY?
98
REMOTE SYSTEM
EXERCISE
LOCAL SYSTEM
100
102
104
PROCESS EXERCISE ACTIVITY
PROCESS LOCAL SYSTEM ACTIVITY
PROCESS REMOTE ACTIVITY

Fig. 3

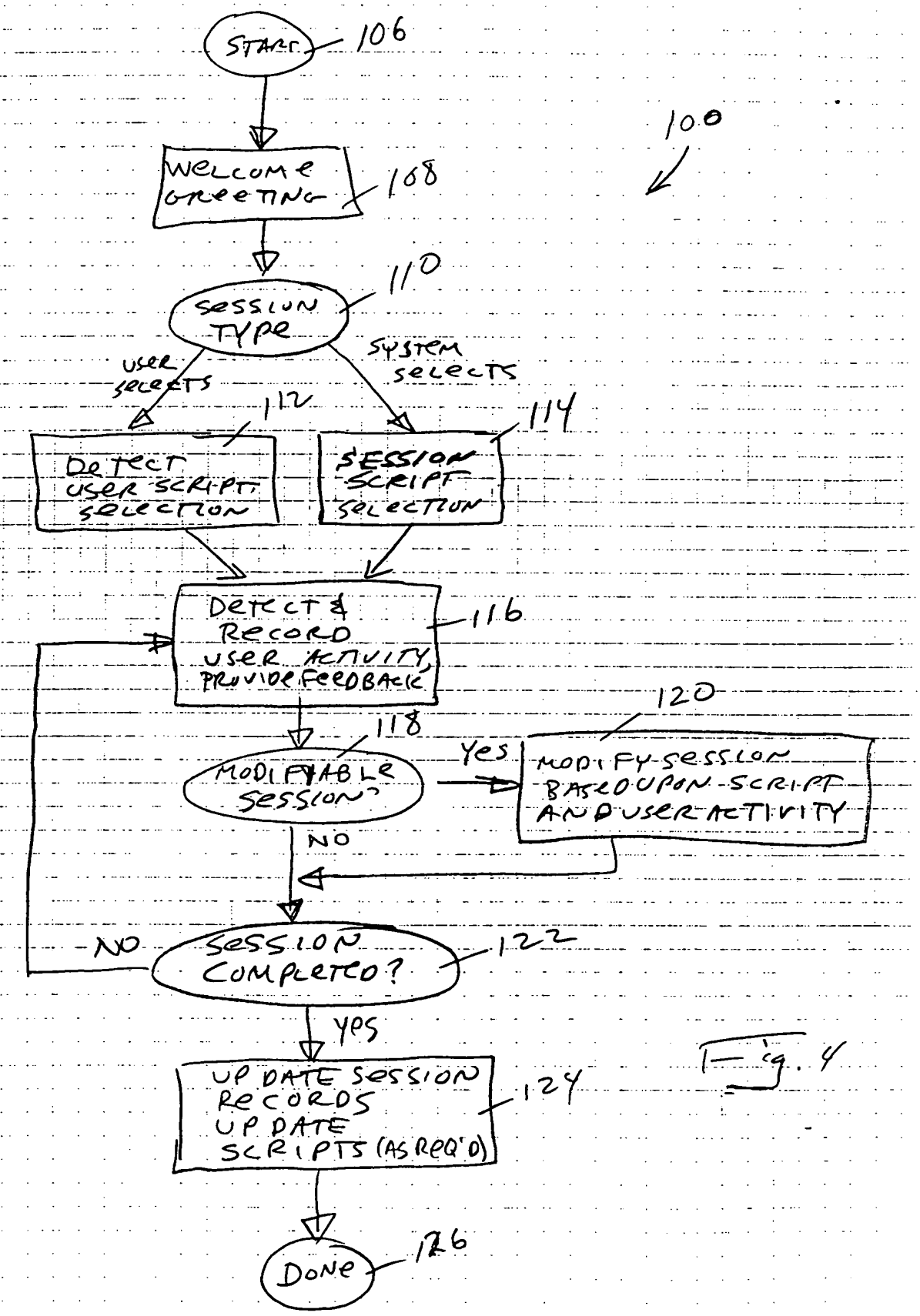
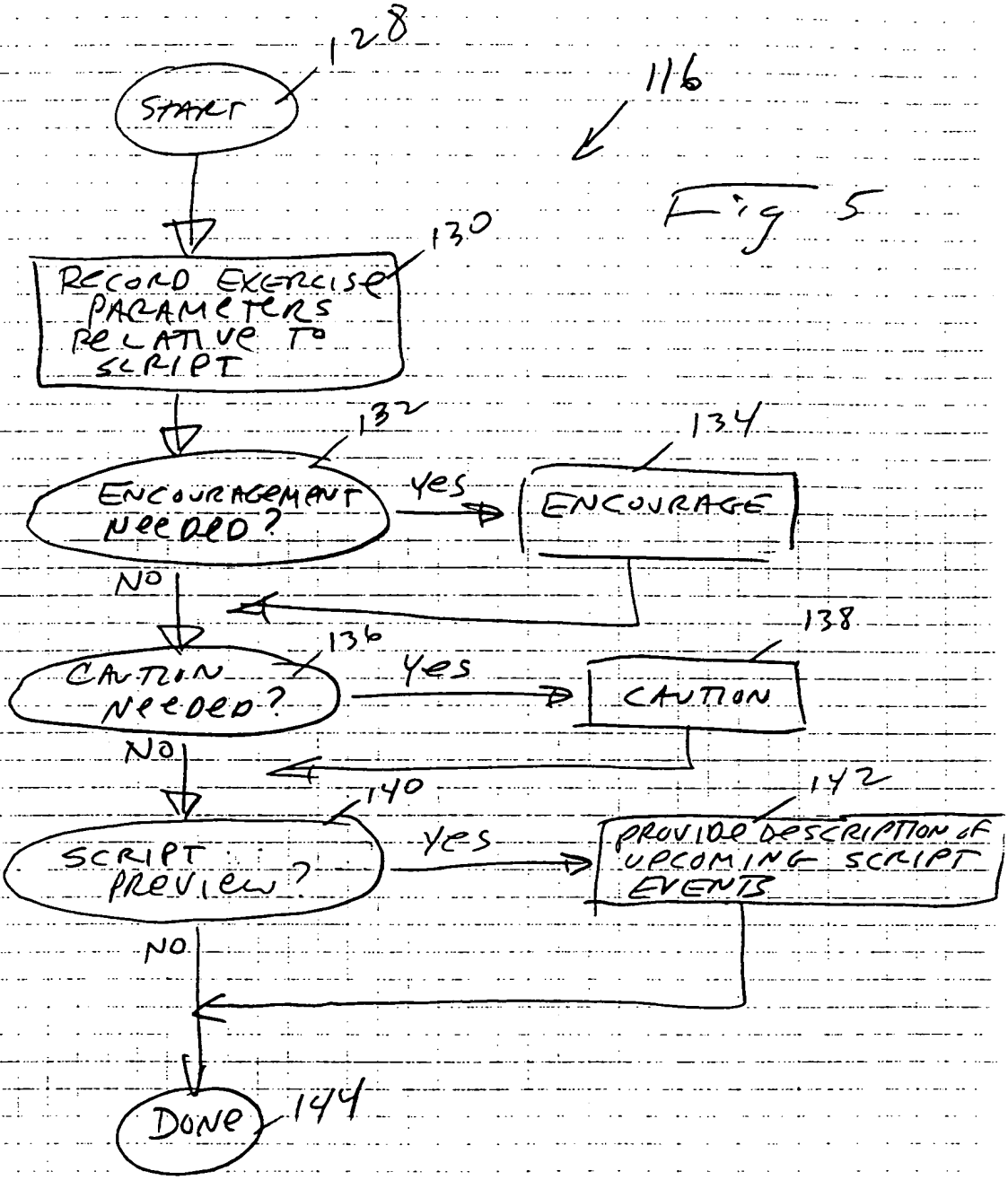

START
106
100
WELCOME GREETING
108
SESSION TYPE
110
USER SELECTS
SYSTEM SELECTS
DETECT USER SCRIPT SELECTION
112
SESSION SCRIPT SELECTION
114
DETECT & RECORD USER ACTIVITY, PROVIDE FEEDBACK
116
MODIFIABLE SESSION?
118
Yes
MODIFY SESSION BASED UPON SCRIPT AND USER ACTIVITY
120
NO
SESSION COMPLETED?
122
NO
YES
UPDATE SESSION RECORDS UPDATE SCRIPTS (AS REQ'D)
124
DONE
126

Fig. 4


128
START
116
Fig 5
130
RECORD EXERCISE PARAMETERS RELATIVE TO SCRIPT
132
ENCOURAGEMENT NEEDED?
Yes
134
ENCOURAGE
NO
136
CAUTION NEEDED?
Yes
138
CAUTION
No
140
SCRIPT PREVIEW?
Yes
142
PROVIDE DESCRIPTION OF UPCOMING SCRIPT EVENTS
NO
DONE
144

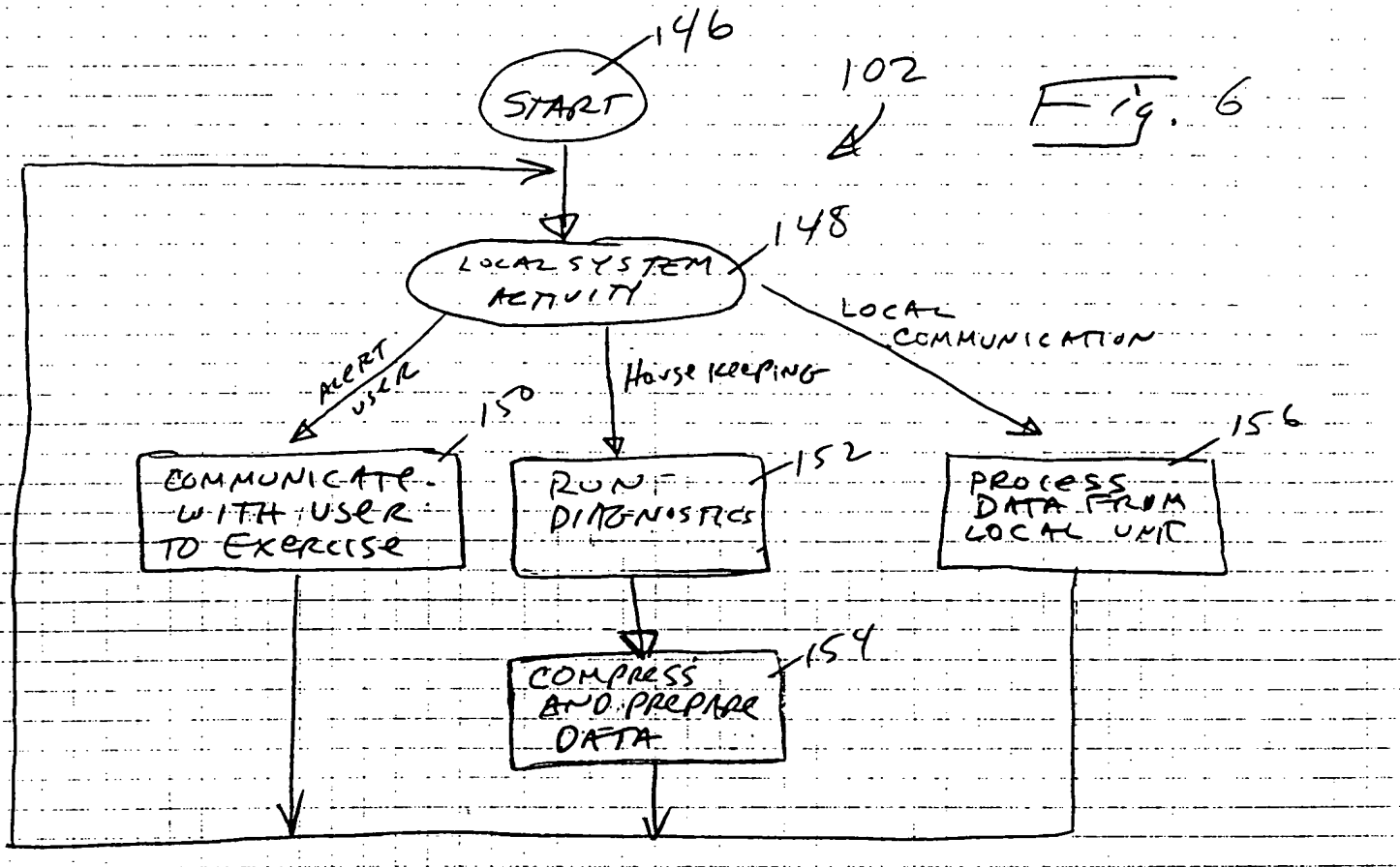

146
START
102
148
LOCAL SYSTEM ACTIVITY
ALERT USER
HOUSE KEEPING
LOCAL COMMUNICATION
150
COMMUNICATE WITH USER TO EXERCISE
152
RUN DIAGNOSTICS
156
PROCESS DATA FROM LOCAL UNIT
154
COMPRESS AND PREPARE DATA

Fig. 6

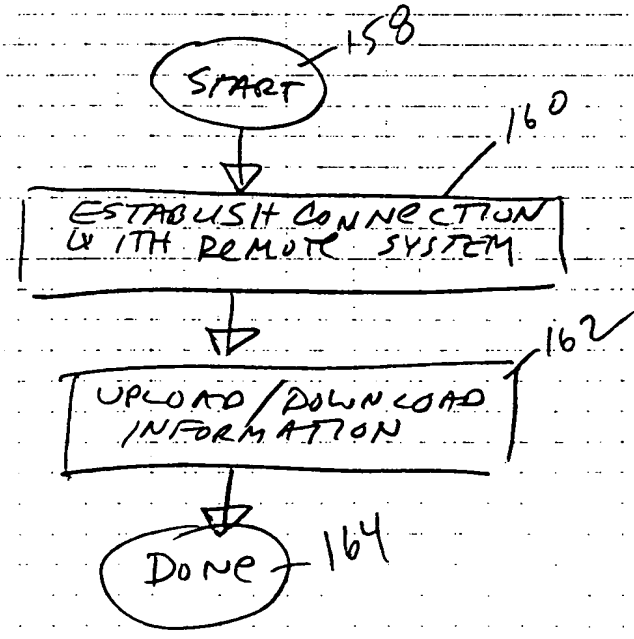

158
START
160
104
ESTABLISH CONNECTION WITH REMOTE SYSTEM
162
UPLOAD/DOWNLOAD INFORMATION
DONE
164

Fig. 7

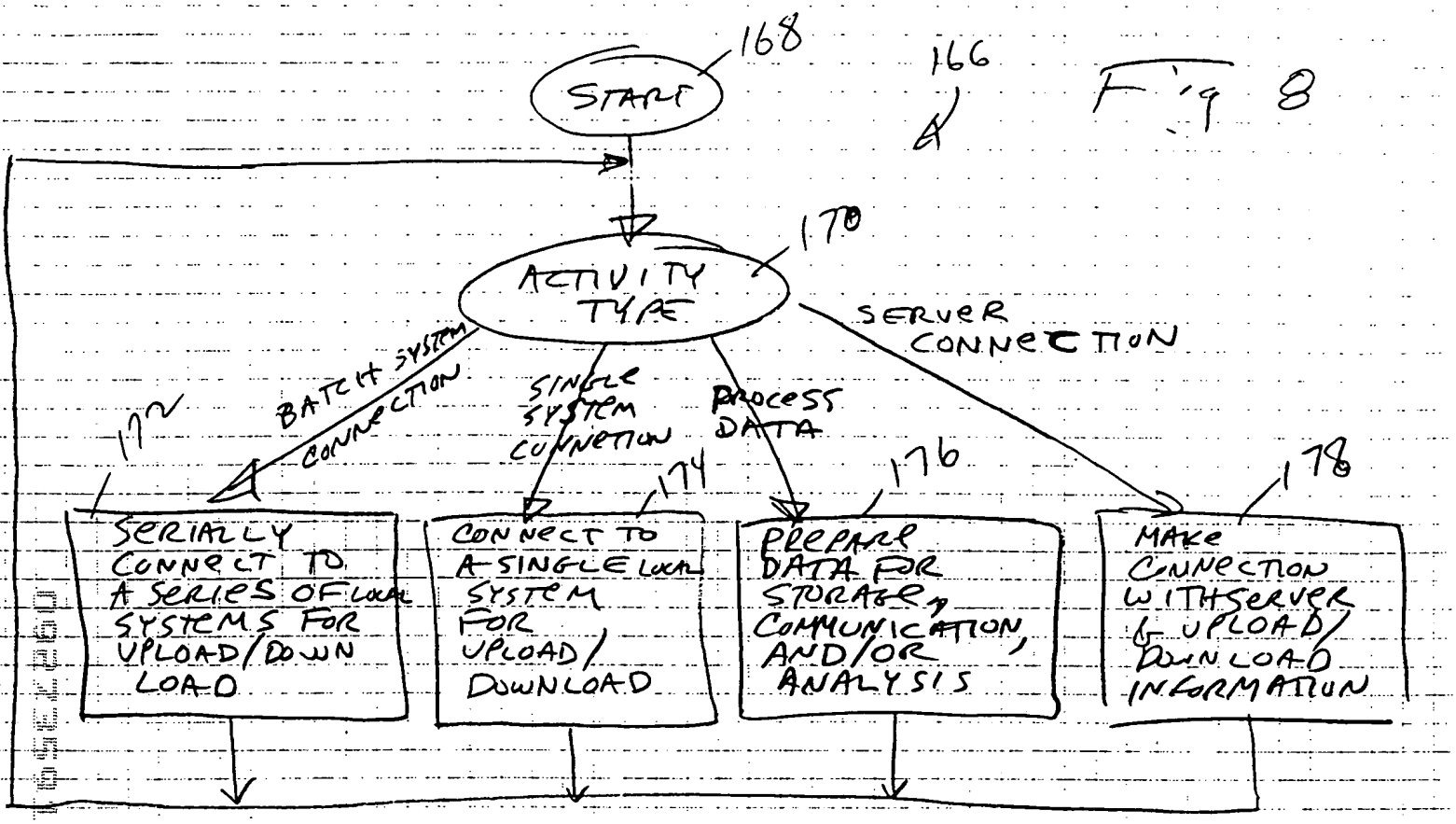

168
START
166
ACTIVITY TYPE
170
BATCH SYSTEM CONNECTION
SINGLE SYSTEM CONNECTION
PROCESS DATA
SERVER CONNECTION
172
174
176
178
SERIALLY CONNECT TO A SERIES OF LOCAL SYSTEMS FOR UPLOAD/DOWN LOAD
CONNECT TO A SINGLE LOCAL SYSTEM FOR UPLOAD/ DOWNLOAD
PREPARE DATA FOR STORAGE, COMMUNICATION, AND/OR ANALYSIS
MAKE CONNECTION WITH SERVER & UPLOAD/ DOWNLOAD INFORMATION

Fig 8

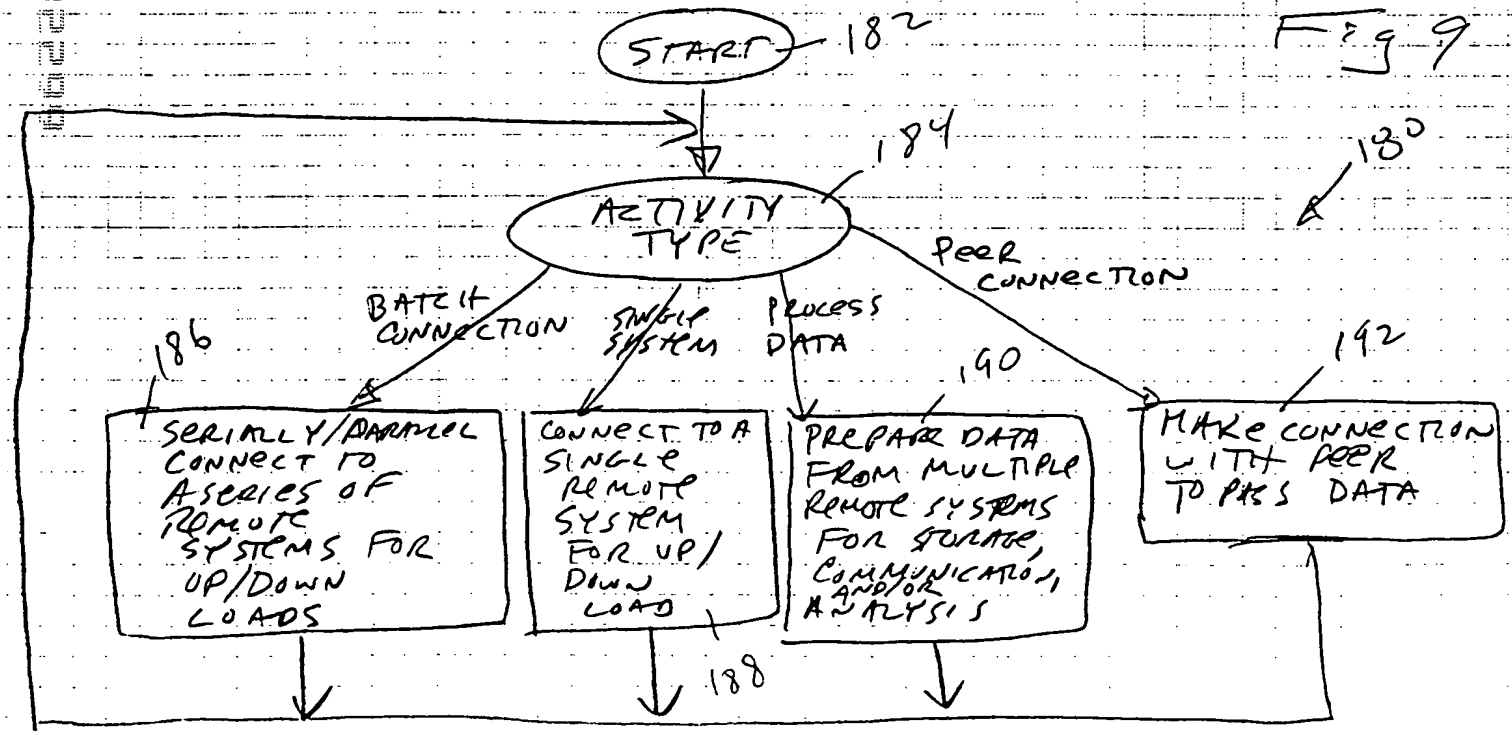

182
START
184
ACTIVITY TYPE
180
BATCH CONNECTION
SINGLE SYSTEM
PROCESS DATA
PEER CONNECTION
186
188
190
192
SERIALLY/PARALLEL CONNECT TO A SERIES OF REMOTE SYSTEMS FOR UP/DOWN LOADS
CONNECT TO A SINGLE REMOTE SYSTEM FOR UP/ DOWN LOAD
PREPARE DATA FROM MULTIPLE REMOTE SYSTEMS FOR STORAGE, COMMUNICATION, AND/OR ANALYSIS
MAKE CONNECTION WITH PEER TO PASS DATA

Fig 9

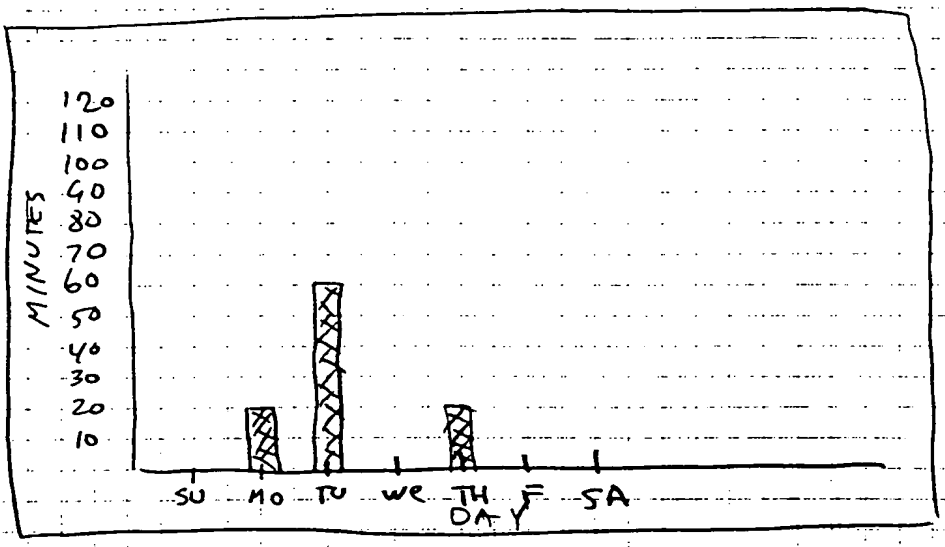


Fig. 8a

SUNDAY
NO EXERCISE
MONDAY
-10 MINUTES CYCLING
- 232 CALORIES
- 6 MINUTES AT 80% HEARTRATE
- 1.8 MILES
- DIFFICULTY 6
-10 MINUTES WEIGHTS
- 172 CALORIES
- 20 REPS @ 100 lbs
- 20 REPS @ 80 lbs
TUESDAY
ETC.

Fig 8b

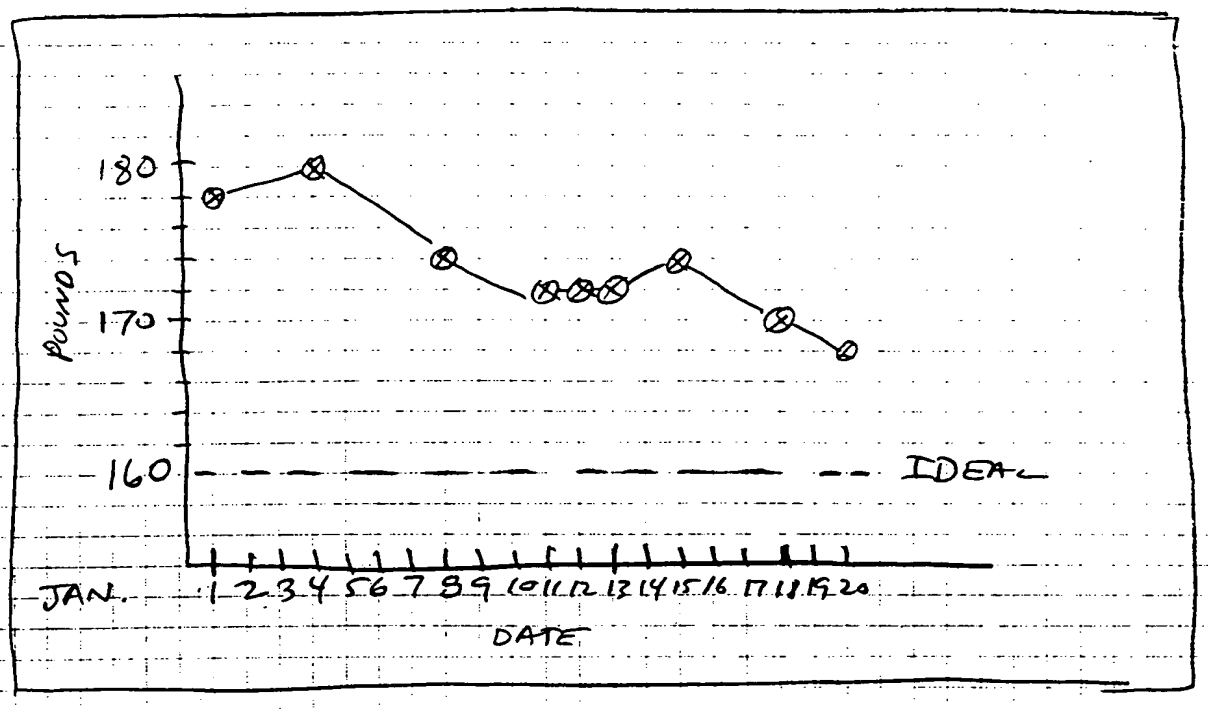

180
170
160
POUNDS
IDEAL
JAN.
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
DATE

Fig. 8c